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CALGARY • TUESDAY, JANUARY 6, 2009 metronews

Celebrity Buzz

Wentz struggles with anxiety
 pg 14



'He didn't deserve this'

Innocent victim one of three killed in New Year's Day gang shooting

KRISTA SYLVESTER
 krista.sylvester@metronews.ca

Escalating gang violence in the city has claimed its first innocent victim, a hard-working Samoan man forging an honest life for himself in Calgary.

Keni Su'a, 43, was gunned down on New Year's Day while dining alone over soup at Bolsa Vietnamese Restaurant, an innocent bystander in the wrong place

at the wrong time, according to police.

"Keni was a kind, God-loving, hardworking man. He didn't deserve this. I think the whole city will feel this loss," close family friend Tannis Keteca told Metro.

Keteca said she and her husband are the only family Su'a has in Canada. He came from Samoa and became a Canadian citizen in 2004. She said he was just enjoying a ritual they shared together many

times, but unfortunately the restaurant they normally dine in was closed that day.

"He went alone because most of us were away, but that's something we always liked to do as a group together."

Keteca said Su'a moved to Calgary from Kelowna, B.C.,

and was making a life and home for himself here. She now worries if Sua's brothers will be able to afford to come to the city.

"It's so sad. He just bought a ticket to go home and surprise his parents. He loved Canada, and chose to live in Calgary,

but his heart was home in Samoa," she added.



Keni Su'a

Kateca is angry that Su'a became a victim of the escalating gang violence in the city, but she is also worried.

"I think there are a lot of unanswered questions, and I'm worried our city is becoming like this. People think it doesn't happen close to home, but it can," Keteca added.

And Calgary police are worried, too, as their worst fears have come true, Deputy Chief Murray Stooke told reporters.

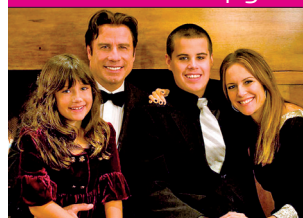
"This is the first innocent bystander we know of with absolutely no connections to gangs whatsoever to be killed, and it's a very tragic situation," he said.

Also killed was known gang member Sanjeev Mann, 22, of Calgary and Aaron Bendle, 21, an associate of Mann's.



VIDEO A Calgary criminologist says that gangs are "taunting police" at metronews.ca/local

Entertainment pg 12



Seizure killed Jett Travolta

Your Money pg 6

Work smarter, not harder

Comment pg 7

It's tough to be neutral in the Mideast

Health pg 9

Better skin in a week's time



Canada pg 4

Flaherty talks to top bankers



Calgary's Thomas Hickey, right, celebrates with goaltender Dustin Tokarski after Canada defeated Sweden 5-1 in the gold-medal game of the world junior hockey championship at Scotiabank Place in Ottawa last night.

Hickey captains Canada to gold

ALICIA FOX
 for Metro Calgary

HOCKEY Nineteen-year-old Calgarian Thomas Hickey started out in socks and rollerblades in the previously undeveloped basement of his home and has advanced to be the captain

of gold-medal winning Team Canada at the 2009 IIHF world junior championship. Canada defeated Sweden 5-1 in Ottawa last night. Thomas is one of two Albertans returning to Team Canada from 2008.

"Ever since we started playing hockey together, he's always been dedicated

and wanted to go further," said Daniel Hickey, Thomas' older brother. "In the last couple years, he's become a lot more mature on the ice."

As for the game played last night, which determined whether Canada would hang up its fifth straight gold medal, Hickey's dad felt the team's best

was yet to come.

"I believe their best hockey is left in them," Denis said before yesterday's game. "The expectations are immense, but they wouldn't want it any other way. They want to be expected to win the gold."

MORE COVERAGE PAGE 8

Alderman wants city hall's books audited

FINANCES City hall has a "spending problem" and the only way to fix it is with an independent, external auditor, according to one Calgary alderman.

Premier Ed Stelmach has suggested a municipal auditor under the purview of the province's auditor general's office as soon as spring. But Ald. Diane Colley-Urquhart plans to beat him to the punch, at least in Calgary, by drafting a notice of motion for council's consideration early this year, "looking for a fresh set, a third set of eyes to pour over our books."

"If anything, what we saw from the whole budget debacle was how to go about not dealing with spending problems we have at the city," said Colley-Urquhart. "What we need to get a handle on that problem is a full and thorough review of all spending, revenues and necessary expenditures and an external, fully independent expert to do it."

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Charge of second-degree murder brought in city's first killing of 2009

A second man has been charged in the city's first homicide of 2009. Kendall Brian Hart, 22, of no fixed address was charged with second-degree murder in the death of Mustafa Moussa, 24, outside a northeast pub. **METRO CALGARY**

Local



Last week for Zoolights

You can still catch the 1.5 million twinkling holiday lights at the Calgary Zoo. Zoolights is open for one more week nightly from 6 p.m. to 10 p.m. until Jan. 11. While Kitamba Café will be open for refreshments, no additional activities or fire pits will be available.

METRO CALGARY

Project gives used cameras to African kids

JENNIFER HILLIKER
for Metro Calgary

PICTURE SWAP Children in Kenya are being given a chance to explore their creativity while connecting with students in Calgary.

Used cameras collected at Vistek locations in Calgary are being donated to several organizations working in Kenya, Ethiopia and Ghana. Some will be taken to the students at Karoko Primary School in Kenya, where they will take pictures and swap them with schools in Calgary that are yet to be determined.

"Children in Africa will be able to tell stories through their own eyes and in their own words, rather than being filtered by other people," said Barb Briggs, director of the Africa Book Project.

Once taken to the Third World countries, the cameras won't simply be handed to residents in need — instead, they'll be taken to libraries and schools to be shared and used as learning devices.

"Just giving stuff away doesn't make sense," said Paul Gomes, director of the Fig Tree Foundation. "You'll end up creating dependency or having an unfair system."

Eventually, the photos and stories shared by the schools will be published in English and Swahili by Small Shifts Books and Media in Calgary.

Boot camps for resolutions

JENNIFER HILLIKER
for Metro Calgary

Calgarians are finding it easier to keep their fitness new year's resolution this year.

According to Allan Fine, a personal trainer with Fitness Boot Camps Canada, that's because more people than ever are signing up for a boot camp class rather than sweating it out on their own at the gym.

"In your typical gym environment, women and men can often feel intimidated or unwelcome in the weight training area, full of burly, groaning and sweating men or young ladies in tight, revealing exercise gear," Fine said.

"Gyms can be lonely, confusing and scary places. More often than not, people spend day after day on the treadmill thinking cardio is the best way to lose fat, but they have no idea what they are doing."

Fine started Fitness Boot Camps Canada about

ROBIN KUNISKI/FOR METRO CALGARY



Amber Peters, 21, pumps some iron during one of the first boot camp classes of the year at Spa Lady. Boot camp is gaining in popularity among those looking to make good on new year's resolutions.

three years ago after seeing a shift from aerobics-style classes to boot camps, which involve more weight and strength training.

"If you're always doing

cardio, you're burning calories, but your body is never going to change," said Kristine Tawliuk, Spa Lady district manager.

"We still have aerobics classes, but we're definite-

ly moving more toward muscle training and resistance."

Tawliuk said the benefits of boot camp classes include gaining more lean muscle and a loss in inches.

Knee-injury clinic opens at U of C

HEALTH The Sport Medicine Centre located in the faculty of kinesiology at the University of Calgary announced the new acute knee-injury clinic yesterday. Dr. Nick Mohtadi hopes the clinic will cut down on waiting list times.

"If you hurt your knee, one of the most important things you can receive is timely, accurate assessment and care," Mohtadi said.

Junior high put in lockdown for hour

PRECAUTION A southeast city junior high school was placed in lockdown for about an hour yesterday just before lunch.

A student at Wilma Hansen School on Queensland Drive SE allegedly was threatening to cause harm to himself and the school was put into lockdown as a precaution.

METRO CALGARY

Public input sought in fate of 2 aircraft

ALICIA FOX
for Metro Calgary

The City of Calgary is calling on the public to help decide the fate of two antique aircraft that have been in storage for decades.

Estimates to restore a de Havilland Mosquito and a Hawker Hurricane lie in the millions of dollars.

The Mosquito was donated to the City of Calgary in 1972, and the Hawker Hurricane was brought to Calgary to be a part of the Air Museum of Canada in the

1960s, eventually becoming the property of the city in the '70s.

"We have a whole set of questions regarding what options (the public) might favour," said Gerry Laing, civic partners liaison with the City of Calgary.

Two information ses-

sions will be hosted at the Aero Space Museum of Calgary, located at 4629 McCall Way NE, today and tomorrow from 6 p.m. to 8 p.m.

Laing said that public consultation is an important part of council's "engage" policy.

metronews.ca

WHAT'S ONLINE TODAY

Video Emergency services hold their annual blood donor challenge at metronews.ca/local

Video Red-light cameras to turn their sights on green-light speeding at metronews.ca/local

Blog Political Stripes asks if MPs are earning those fat paycheques at metronews.ca



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Canada



Expensive extension

Toronto city council yesterday approved a seven-kilometre, \$2.5-billion extension to the city's Yonge Street subway line. The proposal has been sent to the Ontario government. If the province will help fund the plan, the subway will be extended in the suburb of Richmond Hill by 2017.

METRO NEWS SERVICES

Flaherty meets with nation's top bankers

Canada's finance minister and central bank chief met with the country's top bank executives yesterday to prod them to loosen up lending, officials said.

A spokesman for Finance Minister Jim Flaherty confirmed the meeting took place early yesterday. Bank of Canada governor Mark Carney also attended, according to his spokesman. Neither would comment on the meeting.

Flaherty will speak to reporters this morning, prior to pre-budget consultations in Montreal, and is expected to comment then on the talks with the banks.

The head of the Canadian Bankers Association, who also attended the

"Banks are trying to fill the gap, but we're not able to take up all the slack."

Nancy Hughes Anthony, Canadian Bankers Association

meeting, said Flaherty expressed concern about the availability of credit for businesses and individuals. "We assured the minister that the banks are committed to doing what they can to help Canada weather any recession and that they will continue to lend to credit-worthy individuals and businesses," Nancy Hughes Anthony, president and chief executive of the CBA, said in a statement.

Hughes Anthony said banks represent only half the credit market for small and mid-sized businesses and that non-bank funding sources to these businesses are the ones that have been curbing their lending.

"Banks are trying to fill the gap, but we're not able to take up all the slack from other providers," she said.

She defended the Canadian banks' prudent lending practices and said it was best to stick to those practices, protecting depositors' money.

REUTERS

Ottawa Sweet treat on the canal



Dany Lafontaine and Julie Gosselin, both from Gatineau, Que., share a Beavertail while taking a break from skating on the Rideau Canal last night. Thousands of people have taken to the ice since a two-kilometre stretch between Pretoria Bridge and Bank Street opened on New Year's Day.

Woman wanted here caught in Halifax

JENNIFER TAPLIN
Metro Canada

HALIFAX A woman wanted in relation to a homicide in Alberta was discovered in Halifax this weekend.

At around 8:30 a.m. on Sunday morning, a car rolled over. The two people in the car — an 18-year-old woman and a 50-year-old man — were treated by paramedics when they found something in the woman's mouth.

"She was being treated by EHS when they found a piece of tinfoil in her mouth. They believed it was drugs, so they turned it over," said Cpl. Joe Taplin with the Halifax RCMP.

They don't know yet what the drug is — it's being analyzed in the lab. The male driver is facing charges of impaired driving.

But as the RCMP checked out the woman, they found that there was a Canada-wide warrant for her arrest.

Calgary RCMP Sgt. Patrick Webb said she was charged for allegedly being a party to the Sept. 1 homicide of Sharmarke Mohamed Warsame, 39, outside Brooks.

"It was this incident where this man was (allegedly) beaten by five males and they've all been arrested and charged and are in the court system," Webb said.

"She's charged as a party to the offence, which means she didn't participate in the actual homicide, but she (allegedly) participated in something either before or after it."

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News in brief

SOMALIA A Mississauga, Ont., man running for president of Puntland, an Islamic state with-in Somalia at the Horn of Africa, promises to end piracy against international shipping by creating jobs. Adam Esse said pirates would rather fish or do other work rather than raid ships and hold them for ransom.

DONATIONS Hammered by the economic downturn, Canadian charities are urging the federal government to create incentives in the upcoming budget to encourage rich donors to give more during tough times. A group of charities yesterday urged Ottawa to exempt gifts of private company shares and real estate from the capital gains tax.

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Clinton's chief of staff picked as Obama's CIA head

U.S. president-elect Barack Obama has chosen Leon Panetta, who was White House chief of staff for Bill Clinton, to lead the CIA, Democratic officials said yesterday. Outside of his stint in the White House, where he served between 1994 and 1997, Panetta has relatively little experience in national security matters. **REUTERS**

World/Business

Israel ignores calls for truce

Israeli troops fought to seize ground from Hamas militants deep inside the Gaza Strip yesterday, despite international calls for a ceasefire in a conflict that has killed more than 540 Palestinians in 10 days.

More than 33 civilians, including children, were killed yesterday, the third day of an Israeli ground offensive. Three Israeli soldiers were killed and about 20 were wounded by an Israeli tank shell fired in error, the military said.

Israel said it killed dozens of Islamist guerrillas as the battle crept into the suburbs of the city of Gaza itself. Israel's defence minister said the assault, which he hopes can stem

Bush's demands

- U.S. president George W. Bush insisted yesterday that any Gaza ceasefire must prevent Hamas from using the coastal strip to fire rockets into Israel.

rocket fire on its own towns, could get harder for troops.

Hamas threatened to fire more missiles into Israel. Threats of resuming suicide bombings had yet to materialize at press time.

REUTERS



India Mourning procession



Shiite Muslims flagellate themselves during a Moharram procession yesterday in Ahmedabad. Muslims all over the world mourn the slaying of Imam Hussein, a grandson of Muhammad, during the first 10 days of the Islamic month of Moharram.

News in brief

SCIENCE Pink iguanas unknown to Charles Darwin may provide evidence of species divergence far earlier than the naturalist's famous

finches, researchers said. Their existence suggests diversification in the Galapagos Islands happened some five million years ago — far earlier than

most other Galapagos species, including the finches whose differing beaks Darwin studied to form his theory of evolution by natural selection. **REUTERS**

India hands over Mumbai attack clues to Pakistan

ATTACKS India handed over evidence yesterday to Pakistan that it said linked Pakistani militants to the Mumbai attacks and demanded a prompt investigation.

India has blamed Pakistani militants for the November attacks, which killed 179 people and reignited tension between the neighbours who have fought three wars since 1947.

The evidence included a confession from the man India says is the lone surviving gunman, details of communication links with "elements in Pakistan," and data retrieved from GPS and satellite phones, India's foreign ministry said.

Pakistan said it would look into the evidence.

REUTERS

Business

Tough December for auto sales

Canada's auto market crashed during the holiday season, one more piece of evidence of a deepening recession.

Despite incentives, showroom sales plunged 21.2 per cent or more than 25,000 vehicles to 94,423 in December from the same month in 2007, manufacturers reported yesterday.

The results marked the worst decline in auto sales for any month since 2003. It was also the lowest level for a December in 12 years.

The bleak December pulled down overall 2008 sales in Canada by 1.1 per cent or more than 17,000

to 1.653 million cars and trucks. That followed three years of annual increases.

Analysts are forecasting more big dents in the first half of this year before the market show some signs of a recovery.

Offshore-based manufacturers exceeded the Big

Three automakers in market share in Canada for the first time. They raised their share to 51.9 per cent from 48.3 per cent while GM, Ford and Chrysler slipped

to 48.1 per cent from 51.7 per cent.

Hyundai

- Hyundai Motor Co. has rolled out a new incentive program for U.S. consumers that allows them to return financed or leased vehicles within the first year of purchase if they lose income.

Toyota, including the Lexus brand, also jumped into second place behind GM, in sales in Canada from fourth spot, ahead of Chrysler and Ford. Its sales rose 11.3 per cent to a record 224,158 in 2008 from 2007. But in December, Toyota's sales plunged 35.4 per cent because of a huge drop in Camry sales.

TORSTAR NEWS SERVICE

In brief

WOOLWORTHS Shoppers hunted for bargains before the doors close at Woolworths, one of Britain's best known retailers. About 600 of the chain's 815 stores have already closed and the rest are set to close this week, with the loss of 27,000 jobs.

MADOFF More than 8,000 forms have been mailed to customers of accused swindler Bernard Madoff so they can make claims by March or July.

REUTERS

Honda Civic overtakes Ford pickup as most popular

AUTOMOTIVE The Honda Civic compact has surpassed the Ford F-Series pickup truck to become Canada's most popular vehicle.

Sales of the Civic climbed two per cent to 72,463 while the F-Series pickup, which led the market for five consecutive years, slid eight per cent to 67,749 in 2008, the companies revealed yesterday.

It marks the first time in

15 years that a car — previously the Chevrolet Cavalier — has topped a truck as the country's best selling vehicle.

Analysts say the Civic benefited from soaring fuel prices for most of the year while the popularity of pickups including the F-Series dropped because of much higher gasoline costs.

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Enough talking, get walking

Q My new year's resolution is to get rich! Get into shape! Help the less privileged! Buy low, sell high! Quit smoking! Travel more! Win the lottery!

A Pause a moment before making that new year's resolution list and glance at the crumpled, faded list from last year. How many were accomplished? If you are like a lot of Canadians — not many. Although my accounting and tax background does not give me the qualifications to help you lose weight or quit smoking, its approach may not be much different. Here is some of my advice:

- Be realistic with resolutions. "I want to look like I did as a teenager!" Don't we all!
- Don't just "say," "do." The word resolution implies action. Resolutions cannot be accomplished without following through. Stop talking

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

about joining a health club, just do it.

- As important as the resolution is having a plan for its execution. Without a plan, there will be no success. "This year, I would like to save for a house." Where will the savings come from? Identify how you can increase income and cut expenses.

- Set long-term goals but achievable objectives that can be measured periodically. For example: Lose four pounds a month. Pre-authorize monthly RRSP contributions. Set up automatic payments for investment.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

Work smarter, not harder

SmartCookies



Being a Smart Cookie isn't just about finding ways to spend less and save more, it's about making more money too. And just to be clear, we do not mean taking a job you hate because the paycheck's better. As we enter into 2009, we encourage you to find ways to attract more money into your life. And to get you started, here are a few Smart Cookie tips.

Turn Your Passion into a Paycheque:

With a little effort and creativity, it's possible to turn almost any pastime into a paycheque. For example, one of our Smart Cookies was interested in learning about and tasting new wines. She had a friend who started a business that offered wine tast-



One Smart Cookie got a job at her favourite furniture store (which offered employees a 40 per cent discount) and used the money she made working at the store to buy her discounted furnishings for her new condo.

ings at company events and she offered to help out. This was a great opportunity for her to make extra cash, sample some wine and meet new people.

Why Not Make Some Money AND Reap the Benefits?

Consider taking on a part-time job at your

favourite store — many retail stores hire extra employees to help out during their busy season. One of us was furnishing a new condo, got a job at her favourite furniture store (which offered employees 40 per cent discount) and used the money she made working at the store to buy her discounted furnishings.

Clean Out Your Clutter

Anything you haven't used in over a year, you no longer need! But rather than throwing these items away, why not find them a new home? One of the Smart Cookies makes about \$300 at the end of each season and puts that toward new clothes. Another sold her wedding dress for \$800 on craigslist.org. You can do the same with sporting equipment, toys, CDs, books, almost anything.

What about Passive Income?

There are ways to increase your monthly income, without lifting a finger. For example, if you pay monthly for a space in a garage, but you know

your car will be gone during work hours or you'll never use it, you can rent out your space during the weekdays to someone who works near your parking spot. Advertise the space on craigslist.org or in your local paper. One of our Cookies rents out her space and earns an additional \$50 per month.

Consider contract work

If it's not a conflict with your full-time job, look for freelance or contract opportunities. By utilizing her contacts, one of us was able to get additional contract work providing PR services for clients outside of her full-time job, earning an extra \$2,000 per month!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Comment & Views

Comment

Back to the starting point

NationalReport



Lawrence Martin

Fair to say that a decade or two ago, we didn't care much about Afghanistan. Just another Third World basket case. Let the ethnic tribes there bloody one another up. Let superpowers try to harness it.

Then a couple things happened. The Taliban got singled out as being exporters of terrorism and as running a government even more medieval than other tribes. We had a general, the popular Rick Hillier, who was gung-ho on getting Canada back on war footing. We figured we owed the Americans some-

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals.

thing because we hadn't joined them in Iraq and hadn't agreed to their missile-defence program. So we sent troops to the Afghan hot zone of Kandahar.

The usual right-left debate ensued with one side rah rah on war and the other dubious. No foreign invader, many argued, had ever brought Afghanistan to heel, the list including Alexander the Great, the Mongols, the British Raj, the Soviet Union.

But as is normal in war, politicians and generals held to the line that progress was being made. We can't cut and run, they

said. And if you don't cheer for the war effort, you're not supporting our troops. In other words, the usual patriot games, some legitimate, some just plain old bullshine.

But today, there is a consensus that says that little or no progress has been made, that Afghanistan remains as it almost always has been — untamable. Canadians, smarter than their generals and politicians, were never really enthusiastic about this war. Now they're saying in polls that they

want their troops out before the deadline of 2011.

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals, if and when they occur. With this effort the new president, Barack Obama, will be able to prevent the Taliban from regaining power. But it will require his getting bogged down in a long war.

There will be more pressure from his White House for Canadians to stay on. But Canadians will have seen enough. They will turn back the clock. It will be just about as it was before. They won't care much about Afghanistan. They'll leave it to the Afghans and the superpowers — and save their soldiers from dying from roadside bombs.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Neutral the toughest stance on Mideast



Mona Eltahawy

Global View

I was born in Egypt during one war with Israel, have vivid memories of another war with Israel, and I was the first Egyptian to live and work in Israel for a Western news agency when I moved there from Cairo at the end of 1997 as a Reuters correspondent.

And here's the best piece of advice on the Middle East you will get today.

Sit on the fence.

Strange coming from an opinion writer who makes a living out of taking positions? Yes. But it's too easy to take sides in the Middle East conflict. Few other parts of the world inspire such passion or leave such little room for doubt. For many, choosing sides is

just an afterthought to their birthright: If you're an Arab, go join the Free Palestine demonstrations; and if you're Jewish, go join the Save Israel marches.

Don't forget, you can always throw God into the mix. Lay claim to your holy sites and you'll have religiously-sanctioned wrath to fuel your rage.

But what's the point of choosing sides when both sides are losing? The real challenge when it comes to the Middle East is to sit on the fence and to understand that as with most chapters of this interminable conflict, civilians pay the most expensive price.

From that perch up there on the fence, keep your eyes firmly on Israeli and Palestinian civilians and ask about the responsibility of leaders to their

The hardest thing is to scream "Enough!" at a time when both sides seem bent on mutual destruction.

people.

The civilians of Gaza are victims of both Hamas and Israel.

The former have been more concerned with firing ineffectual rockets at southern Israel where they targeted the very group of people they are now accusing Israel of hurting the most in Gaza — civilians.

Israel has launched a punishing bombardment and invasion of Gaza that will be used as the latest proof that it is the neighbourhood bully. Its actions are bound to turn Hamas

into the very heroes they don't deserve to be and possibly unleash a new wave of unconscionable suicide bombings against Israeli civilians.

And all for what?

For those of us from the region, the easiest thing might be to follow our birthright to bias. But the hardest thing is to scream "Enough!" at a time when both sides seem bent on mutual destruction and when to criticize your side ensures accusations of being a sellout.

But I insist on staying on that fence and being a sellout for peace.

Stay on that fence with me and scream and yell for a ceasefire.

Enough violence.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

FIRST THE GOOD NEWS...
...PEOPLE SEEM SLIGHTLY LESS
FOCUSED ON THE ECONOMY.



Letters

So much for the economic meltdown

Re: Your year's pay a day's work for top CEOs (Jan. 2)

I was astounded to learn from the Canadian Centre for Policy Alternatives (CCPA) that the salaries of Canada's top CEOs have reached unprecedented new heights.

So much for the economic meltdown.

While these characters were dragging in bigger and bigger salaries, upwards of 70,000 Canadians lost their jobs.

The rest of us are preparing to ride out the rough year ahead, while the country's top executives appear to be immune from any fallout.

According to the CCPA report, the 100 highest paid CEOs of Canadian publicly traded corporations received an average of \$10,408,054 in total compensation in 2007.

Many of the top 100 include Canada's big bank CEOs, who recently received billions in a federal government bailout to purchase mortgage loans, and energy CEOs who, until recently, were surfing the big

wave of high oil prices.

Average CEO pay for the top 100 was up 22 per cent from its \$8.5-million average in 2006.

In contrast, the earnings of average Canadians rose by only 3.2 per cent — the best increase in the past five years, but a tiny fraction of the CEOs' pay hike and barely keeping up with inflation.

Many of these corporations have enjoyed several years of huge profits by gouging us at the pumps and at the bank machines.

DANNY CAVANAGH, PRESIDENT
CUPE NOVA SCOTIA

Lives cut short in Gaza

The Israelis have been bombing the Gaza Strip continuously and at such a rapid rate that everyone is just in utter shock.

In just less than nine days, 470 Palestinians were killed and 2,400 were injured.

How can they even think about dropping bombs and missiles on these innocent people, especially the children?

These children still haven't had a chance to see anything in the world.

EMAN KADRI, CALGARY

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



Pittsburgh Steelers linebacker James Harrison won The Associated Press 2008 NFL Defensive Player of the Year award yesterday, after registering a team-record 16 sacks, and leading the NFL with seven forced fumbles in the regular season. **METRO NEWS SERVICES**

Sports

JOHN.CHICK@METRONEWS.CA

Mourners salute hockey player

HOCKEY Don Sanderson was in a coma during Christmas, so hundreds of mourners solemnly sang a yuletide carol yesterday at the funeral for the 21-year-old hockey player who died following an on-ice fight in Brantford, Ont., Dec. 12. Sanderson's mother, Dahna, cried as mournful strains of Silent Night filled a packed church outside Toronto.

"We loved him with all our hearts, and I don't know how we're going to move on without him," she said. "All I ask is each and every one of you love each and every one of your family members every day." Sanderson, a rookie with the OHA's Whitby Dunlops, died Friday after being in a coma for almost a month.

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VIDEO Mourners at hockey player's funeral sing him one last Christmas carol at metronews.ca/canada

Canadians in their fifth element

Drive for five complete as Canada captures junior title on home ice

WJC CHAMPIONSHIP

Canada 5 Sweden 1



Team Canada won its fifth gold medal in a row at the world junior hockey championships last night, taking a first-period lead on P.K. Subban's second effort just 38 seconds into the game and riding the goaltending of a suddenly hot Dustin Tokarski.

Angelo Esposito scored on a backhand in the second period, Cody Hodgson let rip a wrister on the power play in the third, and Jordan Eberle and Hodgson scored into an

empty net in a 5-1 win over Sweden, which takes home silver for the second year in a row.

Shaky in every outing before last night, Tokarski faced 40 shots, stood tall and was named player of the game. John Tavares was named the tournament's most valuable player and a first-team all-star. He was joined on the all-star team by Hodgson and Subban.

The crowd of 20,380 at Scotiabank Place — who jeered Swedish defence-man Victor Hedman and goalie Jacob Markstrom all night — was a new single-game attendance record for the world juniors.

With Prime Minister Stephen Harper and his security entourage in atten-



PK Subban celebrates his powerplay goal with teammates John Tavares and Ryan Ellis during the first period last night.

dance, and a huge Canadian flag making its way around the lower bowl, the stage was set for the inter-

Win for Wozniak

Fourth-seeded Aleksandra Wozniak, left, of Blainville, Que., beat Slovakia's Magdalena Rybarikova 6-3, 6-7 (4), 7-5 in the first round at the ASB Classic women's tennis tournament in New Zealand yesterday. All four seeded players progressed to the second round of the singles.

METRO NEWS SERVICES

extended its lead to 2-0 on the goal by Esposito.

Hedman took a few punches at Esposito, who wisely didn't swing back, after the Canadian had a run-in with Markstrom as the goalie skated after a loose puck.

The crowd jeered Markstrom, believing he was putting on a show by flopping on the ice after his collision with Esposito. It was Markstrom's third questionable flop of the game.

Hedman didn't get a penalty and was booed the rest of the evening.

Esposito got his revenge on the same shift, scoring on a backhand after scooping the puck off David Rundblad.

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Heisman winner a big Canucks fan

The top player in U.S. college football is a hockey fanatic. His favourite team: the Vancouver

Canucks.

In fact, while in high school in Oklahoma City, quarterback **Sam Bradford** had a ritual in which he'd watch The Mighty Ducks movie and check out the latest Canucks' results before turning in for the night.

"Hockey was and maybe still is my favourite sport to watch," said the Heisman Trophy winner, who will lead the No. 1 Oklahoma

YorkReport

Marty York

marty.york@metronews.ca

Sooners against the No. 2 Florida Gators in the BCS national championship game Thursday night. "I love the Canucks. **Roberto Luongo** is outstanding."

• Spring training, believe it or not, begins next month but one of baseball's pre-

mier sluggers remains a ManRam without a home.

Manny Ramirez is attracting interest, all right, but his US\$20-million-a-year demand isn't. MLB sources consider Ramirez's agent, **Scott Boras**, a major problem because of his insistence on the \$20M salary. The Los Angeles Dodgers continue to negotiate with him, as do the San Francisco Giants, Tampa Bay Rays and New York Yankees. And even the Blue Jays might make a pitch for him if he becomes more reasonable and if they could succeed in

their attempts to unload **Scott Rolen** and/or **Lyle Overbay** (and their guaranteed contracts).

• An athlete who has lowered his financial demands: **Shaquille O'Neal**. In November, the NBA star listed his Miami Beach mansion for \$35-million. His new asking price: \$25-mil.

More online

• Former NHL star Eric Lindros returned a call to Metro's Marty York yesterday, but refused to clear up any of the mystery surrounding him. Visit metronews.ca/sports for more details.

Sports in brief

WHL Brandon Kozun of the Calgary Hitmen was named the Husky WHL Player of the Month for December yesterday. The Calgary native led all WHL players in scoring in December, and had seven multi-point games.

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SCOREBOARD

WJC

YESTERDAY'S RESULTS
GOLD MEDAL GAME
Canada 5 Sweden 1
BRONZE MEDAL GAME
Russia 5 Slovakia 2

NHL

YESTERDAY'S RESULTS
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Edmonton 3 N.Y. Islanders 2

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Warren Buffet - CNN Money



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ucalgary.ca/nativecr

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Between meals

If you go too long between meals, drink half a cup of juice to stabilize blood sugar levels before you eat to back your body up from its "starvation" mode. **TORSTAR NEWS SERVICE**



Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The good-skin fix

Meet resolutions by starting with your complexion

JANINE FALCON
for Metro Canada



Turns out that focusing on better skin nutrition can help meet at least three 2009 resolutions: 1) to spend less; 2) to lose weight; and 3) to get on a less stressful, healthy-living track.

"The skin is a good indicator of what's going on inside," says Dr. Joey Shulman, D.C., registered nutritionist and author of *The Natural Makeover Diet: 4 Steps to Inner Health and Outer Beauty*. "For example, if you eat too many pro-inflammatory foods, such as sugar, refined flour, fried food, alcohol and saturated fats, you'll wake up looking puffy and red."

Rather than pricey "miracle" products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, which, in addition to improving skin (in as little as a week), could improve the numbers on your bathroom scale. "Replace the bad stuff with

dark leafy greens, broccoli, spinach, winter squash, carrots, sweet potatoes — vitamin A-rich foods," says Shulman.

Naturopath Dr. Alan Logan, author of *The Clear Skin Diet* and research-and-development co-ordinator for Genuine Health, agrees. "In North America, 50 percent of consumed vegetables is potato (mostly frozen), onion, iceberg lettuce and processed tomato. We need more colourful fruit and veg, such as blueberries, fresh tomatoes and kale. The deeper the colour of the produce, the more dense it is in polyphenols, naturally-occurring antioxidants."

Omega-3 fatty acid-rich foods also rank high in the good-skin eating plan because, say Shulman and Logan, they boost skin's natural moisture levels. Shulman recommends cold-water fish, nuts, and seeds, as well as omega-3 fortified eggs and milk. Another hydrating must is water, which gets overlooked in the winter. Shulman suggests green or white tea as alternatives. "They're anti-

inflammatory and high in antioxidants, plus white tea can help deal with sugar cravings because it's on the sweet side."

According to Logan, green tea and fish oil both help reduce levels of cortisol, a hormone the body releases under stress. "Cortisol attacks collagen, the scaffolding of the skin," he says. "Fish is skin's best friend. Orally consumed fish collagen also provides the body with raw materials to manufacture the collagen skin needs," he adds.

Dr. Michael Davies, a dermatologist at SpaMedica in Toronto, says "a well-balanced diet is best, but supplements can help when we can't get what we need." He recommends, and himself takes, daily doses of 1000mg of vitamin D (available at drugstores). "The fact is that a whole day in the sun without protection won't produce enough natural vitamin D," he says. "Wear sunscreen; take the supplement."



Rather than pricey "miracle" products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, including vitamin A and omega-3 fatty acid-rich foods.



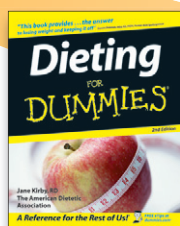
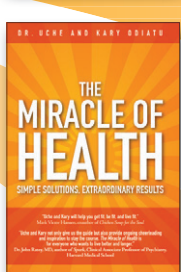
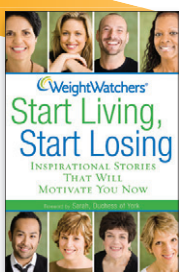
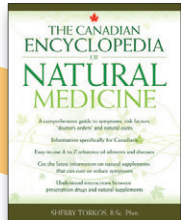
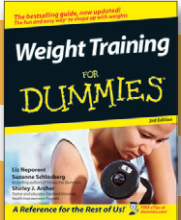
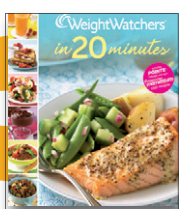
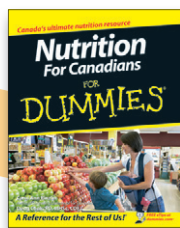
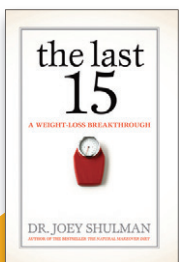
Experts recommend resistance training three times a week.

Fitness tips for novices

EXERCISE Fitness Institute owner Steve Roest's tips for novices:

- Schedule exercise as you would a business meeting. Morning is better, because it's easier to get sidetracked as the day goes on, but a good hour-long walk after dinner works great.
- Create a support group: A workout buddy, your family, a friend.
- Set challenging but realistic goals.
- Start slowly. Set short-term goals to boost your confidence and stay motivated.
- Expect some soreness, boredom and frustration. Plan how to overcome them.
- Do resistance training about three times a week. Muscle mass raises your metabolism, burning more calories.

TORSTAR NEWS SERVICE



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The first step to a healthy weight loss

Part 1

The importance of cleansing your organism.

The human body is one of the most complex machines be it through the interaction between organs as with its control over energy and emotions. Just about everything that exists on this planet is practically traced from our bodies and their functions.

Take for example, our boulevards, streets and alleys, they are images of our arteries, veins and capillaries. Jammed with toxins and waste, how can they adequately transport different nutriment necessary to good health and well being?

We take better care of our toys than we do of our own HEALTH!

Here are two examples to illustrate this obvious fact: You own a car and generally change the oil on a regular basis in order to extend the life of your motor and keep it in good working condition.

Well, your body needs the very same attention.

Here is another example: You regularly clean and look after your house to keep it looking good. Again, your body needs the very same care.

Where does this waste come from?

From overeating, unsuitable diets, intestinal fermentation and putrefaction, coffee, alcohol, sweets, excess salt, food additives, overly hard water, insecticide-contaminated foods, herbicides, fertilizers, drugs given to livestock that later find their way into animal by-products (eggs, milk,...), chemical and synthetic drugs, vaccines, polluted air, factory smoke emissions, exhaust gases, stale air in poorly vented apartments or in high-traffic public areas, tobacco smoke; and, through the skin, from cosmetic products, make-up, products for maintenance of the body,...

To be continued on January 8th...

I have healthy eating habits; do I still need to cleanse my organism?

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10 health & beauty

Science and sex

The J Spot

Josey Vogels

Sex talk with Josey

An announcement just before the holidays that British scientists were developing an implant to stimulate pleasures centres in the brain caused the usual flurry of headlines that every new scientific solution to our seemingly increasingly lousy sex lives seems to cause.

Headlines everywhere announced the discovery of a so-called "super sex chip" that was set to turn us all on at the flip of a switch.

Never mind that the implant is meant for people who suffer from "anhedonia," a condition I'd never even heard of until now but that apparently results in an inability to enjoy or experience pleasure from such ac-

tivities as eating and sex. Or that the currently "intrusive and crude" technology requires surgery to connect a wire from a heart pacemaker into the brain and needs about 10 years worth of development.

Blame Woody Allen for launching our obsession with instant sexual satisfaction. He introduced the "Orgasmatron" in his cheesy 1973 movie *Sleeper*, a phone-booth-like machine that induced instant orgasms in those who entered.

Since then, we've been on a mission to find a quick fix, effortless solution to our sexual dissatisfaction.

Viagra, of course, has been the star of the show; the magic blue pill that had formerly sexually unsatisfied couples suddenly dancing down the street and singing "Good Morning."

And, when the makers of Viagra didn't succeed in coming up with a female version, others have stepped in and pharmaceutical labs are currently hard at work developing a nasal

spray, an injection, and a pill to treat Female Sexual Dysfunction, a condition that didn't even exist a decade ago.

I sympathize with men and women who experience legitimate sexual problems, in some cases as a result of physical or psychological issues. But the drive to find a magical scientific solution to boost our flaccid sex drives is disturbing.

Whatever happened to good old-fashioned seduction? Bah, who has time for that these days? That requires effort and communication and actually doing some things that reawaken your sexual self. A pill would be so much easier. But the fact is, even if a pill or an implant or a spray can stimulate desire or guarantee an erection or an orgasm, it can't guarantee good sex.

That requires some good old-fashioned elbow grease. Or at least a good lube.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Home exercise equipment, from stationary bikes to treadmills to elliptical trainers, can make it easier to squeeze exercise into busy schedules and avoid the chill of winter. A quick jog on the treadmill can coincide with a favourite TV show. **TORSTAR NEWS SERVICE**

health & beauty **11**

Start '09 with new gear

METRO NEWS SERVICES



Velocity Tailored Back Print Sports Bra, \$24.50, in blue; and Lightly Lined Racerback Sports Bra, \$34.50, in pink. Both available at La Senza Spirit (lasenzaspirit.com).



The Essential Power Pant offers a fitted shape with flared leg, made of Supplex fabric/Zelcon finish. Available for \$54.50 at La Senza Spirit (lasenzaspirit.com).

Winsor Pilates' Mari Winsor leads this weight loss and muscle toning program that promises to flatten your abs while giving you a total body workout. It comes with a 50-minute DVD and the CorePlus Reformer fitness tool, which is a four loop design that engages the whole body. Available for \$32.99 at Amazon.ca.

Breathable side panel purple and black jacket from Smart Set's activewear collection, Muv, \$38.

Keep your water cold and fresh while keeping disposable bottles out of our landfills with a lightweight Gaiam aluminum bottle. Available in four different designs. Available for \$12.99 each at Amazon.ca.

Stretch jersey pants from Smart Set's activewear collection, Muv, \$32.



The Double Layer Fitness Tank (seen in lime light) comes with an inside bra liner and racerback. Available for \$44.50 at La Senza Spirit (lasenzaspirit.com).



Colour block pullover from from Smart Set's activewear collection, Muv, \$35.

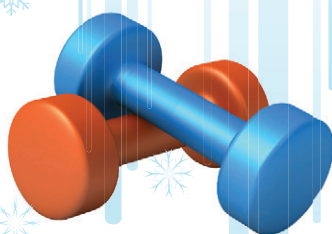


Yoga mats designed for enduring performance and reliability. Available in a variety of patterns. This Koi Fish Print is \$29.99. Available at Amazon.ca.



Anti-bacterial socks, \$8.50. Available at La Senza Spirit (lasenzaspirit.com).

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Entertainment

Celeb twins

Rebecca Romijn and husband Jerry O'Connell have welcomed twin girls, Howard Stern announced on his Sirius radio show yesterday morning.

USMAGAZINE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

DVD picks

Pineapple Express

Director: **David Gordon Green**
Rating: **18A**

IN A PERFECT world, stoner comedies would be enjoyed in a theatre converted into a giant bong. It's too often the case, as it is with Pineapple Express, that the tokers onscreen have a far better time than the sober judges in the seats. This should change with home DVD showings, where what you do in your basement is your own concern. Whatever is in the titular bud that Seth Rogen and James Franco are inhaling their enjoyment of it is almost selfish, since they're getting laughs that we are denied. But you need not worry about being locked into one style of yuks. Apatow is big on hybrid humour, and so apparently is his unlikely di-



rectorial disciple David Gordon Green. Pineapple Express is both a stoner-laugh and a bloody crime satire about duelling drug lords and crooked cops. The body count is large and the violence is quite nasty. Luckily, Franco's sleepy-eyed dealer Saul is one of those sweet discoveries that makes you willing to forgive the film's flaws. Saul dispenses drugs to Rogen's Dale, a process server whose brazen methods are at odds with his conservative demeanour. Things get complicated, and then some, and the movie gets more violent as less funny as it goes along.

TORSTAR NEWS SERVICE

Travolta undergoes autopsy

Two pathologists appointed by Bahamian authorities performed an autopsy yesterday on the body of actor John Travolta's 16-year-old son, Jett, who died last week after suffering a seizure at the family's holiday home.

Jett, who had a history of seizures, was found unconscious in a bathroom at the home in the Old Bahama Bay resort on Grand Bahama Island on Friday morning. He was pronounced dead after being taken by ambulance to Rand Memorial Hospital in Freeport.

A family doctor sat in on the autopsy at the request of the Travolta family. Results were not released. However, other media outlets have reported Travolta's death certificate says he was killed by a seizure. Obie Wilchcombe, a



Actor John Travolta, second left, poses with daughter Ella Bleu, left, wife Kelly Preston, right, and son Jett in an undated family photo.

member of parliament for western Grand Bahama, said the autopsy was completed at around noon and paperwork was finished two hours later.

Jett's body was moved from Rand Memorial Hos-

pital to Restview Funeral Home in Freeport, where it was being prepared for transport to the United States, Wilchcombe said.

"The preparation of the body will take an estimated 12 to 13 hours," he said.



For the latest on this story, visit metronews.ca/entertainment

Dozens of relatives flew to Grand Bahama to comfort John Travolta and his wife, actress Kelly Preston, Wilchcombe said.

John Travolta and paramedics tried without success to resuscitate the boy.

The family's earlier statement did not refer to Jett's medical history or possible cause of death. But Travolta's lawyers, Michael Ossi and Michael McDermott, were quoted on Sunday as saying Jett apparently suffered from grand mal seizures, which can cause loss of consciousness.

He was on an anti-seizure medication called Depakote for several years, Ossi and McDermott told the celebrity website TMZ. **REUTERS**

what's cooking

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Hootin' Hugh

Hugh Jackman will voice an owl in a new movie. The star will reportedly voice a character in animated film Guardians Of Ga'Hoole. [FEMALEFIRST.CO.UK](#)



Get set for new time-slot tussles

Soon new battles will wage in primetime: ABC's hit thriller *Lost* against Fox's new crime drama *Lie to Me* on Wednesdays. NBC's comedy favorite *The Office* vs. Fox's reality hit *Hell's Kitchen* on Thursdays. And Fox's sci-fi drama *Dollhouse* competing with CBS' Canadian import *Flashpoint* on Fridays, to name a few.

But in today's time-shifted, multichannel universe, does it still matter if Drama A airs in the same time period as Reality Show B?

Yup, arguably more than ever. Most viewers still watch TV shows live. But more importantly, with the ratings standard for what makes a hit broadcast series dropping, how well a show stacks up against competitors is often considered a fairer measurement of success than whether a show draws a huge audience.

Here are some of the more intriguing new face-offs on the midseason schedule:

Mondays
ABC's *The Bachelor* and *True Beauty* vs. NBC's *Superstars of Dance* and



A scene from ABC's hit thriller *Lost*, which will duke it out against Fox's new crime drama *Lie to Me* on Wednesdays.

Momma's Boys:

Bachelor has ebbed in recent years, while Superstars brings the American Idol producers to NBC. Later in the evening, Beauty — about 10 attractive contestants tricked into believing they're being evaluated for their looks but who are actually being judged by their civility —

will go up against Momma's Boys, which has had a modest December run.

Tuesdays
ABC's *Homeland Security USA* vs. NBC's *Biggest Loser*
Curiosity online about Homeland Security is running high, but *Loser* is one of the few strong NBC primetime offerings with no signs of weakening.

Wednesdays

ABC's *Lost* vs. Fox's *Lie to Me* vs. CBS' *Criminal Minds*

This three-way standoff pits Fox's keystone new show against CBS' usual time-period winner — both crime procedurals — and then there's ABC's strongly rated *Lost* returning after airing Thursdays during the writers strike last year.

Thursdays, round one
Fox's *Bones* and *Hell's Kitchen* vs. NBC comedies

With rivals airing their strongest shows Thursday night, Fox has been unable to get a consistent foothold on this advertiser-rich evening. Durable reality series *Are You Smarter Than a 5th Grader?* and *Don't Forget the Lyrics* serve as cannon fodder for hits like ABC's *Grey's Anatomy* and CBS' *Survivor*.

Enter *Bones* and *Hell's Kitchen*, two recent time-period winners Fox is shifting to TV's toughest night. The crime drama has been strong this season on Wednesdays, and the Gordon Ramsay cooking competition series has grown its numbers every year.

Thursdays, round two
CBS' *Harper's Island* vs. NBC's *Kings*

Dueling question marks. CBS' new Agatha Christie-meets-Scream series against NBC's freshman neo-biblical courtesan drama? Normally the fresher idea has the edge, but what's great about these shows is there's nothing like either of them on TV.

Fridays
CBS' *Flashpoint* vs. Fox's *Dollhouse*

Like comparing a Buick to a funnel cake. Here's CBS' modestly rated, yet seemingly nuclear-blast-proof Canadian import competing with Fox's fallen midseason angel. After trying *Moonlight* and *The Ex* List in the same slot, Friday leader CBS hopes *Flashpoint* can finally fill this ratings pothole.

With its other weekday slots occupied by more promising titles, Fox placed the softening sci-fi drama *Terminator: The Sarah Connor Chronicles* and creatively overhauled freshman series *Dollhouse* onto the Friday wall in hopes they might stick.

REUTERS

ABC brings *Scrubs*' 8th season to life

TELEVISION Here it is, season eight of *Scrubs* — the one that never was supposed to happen. Like *Diff'rent Strokes* more than 20 years ago, the hospital sitcom has defected from NBC to ABC for what is presumed to be its final season. Or maybe not.

The show hits the ground in midseason form after eight months and one change of venue, integrating a new crop of interns with seamless aplomb and again demonstrating how to fuse dramatic elements into a sitcom without breaking a sweat.

It rolls onto ABC with a two-episode premiere assault. First up is an episode featuring the heartless and unethical Dr. Maddox, a new recurring character played by Courteney Cox. She's surrounded by the usual cast of returning *Scrubs* players led by Zach Braff along with Sarah Chalke, Donald Faison, John C. McGinley and Judy Reyes. The second episode guest stars Glynn Turman as a dying patient coming to terms with his mortality.

REUTERS

New hi-def TVs to stream Netflix in U.S.

MOVIES LG Electronics will soon launch new high-definition TVs in the U.S. that can screen Netflix movies directly from the internet without an external box. Last year, the DVD rental company and the electronics giant introduced set-top boxes and Blu-ray DVD players with the same software. Netflix' other partnerships include one with Microsoft's Xbox 360 to embed the movie software in game consoles. **REUTERS**

IntelleVision

Rick McGinnis

WILL RETURN

GlobalStyle

Kenya Hunt

Exclusive at [metronews.ca/globalstyle](#)

See complete online movie listings, trailers, reviews and purchase tickets at [metronews.ca/movies](#)

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/6/09	267	351	- ACCESS	Truth, Duty, Valour	Without a Trace		Cold Case		Law & Order		Without Trace
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU	Fringe "Power Hungry"		(10:01) Fringe		News (N)
	-	-	4 OMNI	2Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Homeland Security USA	Scrubs	Scrubs	Primetime: You
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses "Pilot" (N)	CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		NCIS "Caged" (N)	Kitchen Nightmares		News Hour
	246	-	8 CKAL	Law & Order: SVU		Primetime: What Would		Privileged (HDTV) (N)	Scrubs	Scrubs	Your City
	119	705	9 CBXFT	Virginie (SC)	La Factice (N)	Providence (N) (SC)	Roxy (N) (SC)	Grosse vie (N)	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors	NCIS "Caged" (N)		The Mentalist (HDTV) (N)		Without Trace
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (DVS)	Wild! (DVS)		Frontline (N) (DVS)		Independent
	502	390	15 CBC	CBC News: The National	My Big Fat Diet		CBC News: The National		CBC News: The National		Big Fat Diet
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser One contestant has a health scare.			Law/Ord SVU
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House "Lucky Thirteen"	(10:01) Fringe		News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Sex and-City	According-Jim	Bring Wall St
	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace	Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	NHL Hockey		SportsCentre (HDTV) (Live)	In This Corner		Heads-Up Poker Champ.		Rodeo: PRCA
	408	418	27 net	Flames Week	Flames Conn	NHL Hockey San Jose Sharks at Calgary Flames. (HDTV) (Live)				Sportsnet Con.	Sportsnet Con.
	410	403	30SCORE	(6) College Football GMAC Bowl --	Bali State vs. Tulsa. From Mobile, Ala.		Score Tonight			Hardcore Hockey	Talk
news	411	457	44 OLN	Mantracker		Bounty Hunter	Dakar Rally	Survivorman	Mantracker		Bounty Hunter
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pinks	Pass Time	Low Life	Super Bikes!
	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoe 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar (N)	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	El News	Ruby (Premiere)		The Biggest Loser One contestant has a health scare.			News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Extreme Skinny Celebrities	Style by Jury	Style by Jury	Good Naked
sports	521	560	24 TLC	Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate
	603	561	25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America	Challenge		The F Word
	615	520	26 A&E	The First 48 (HDTV)		Manhunters	Manhunters	The Rookies	The Rookies	The First 48 (HDTV)	The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Mutant X		Testees	Trailer Park
	601	562	33 SLICE	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade	Trading Sp
	-	633	34 ENC2	(7:15) Rare Birds *** (2001, Comedy)	William Hurt.			Little Miss Marker ** (1980, Comedy)		Last Married Couple	
	520	505	35 DISC	Destroyed	Time Warp (N)	Toughest Race: Iditarod		Daily Planet	Destroyed	Time Warp	Race: Iditarod
	620	523	36BRAVO	Altered by Elvis		Diana Krall: Union Station		Law & Order	Without a Trace		Smash-Up Str
	294	650	40 WPCH	(6) Executive Decision (1996, Action)		Seinfeld		Family Guy	Executive Decision *** (1996, Action)		S. Silverman
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Family Guy	Family Guy	The Simpsons	South Park
family	-	539	42 TCM	Comedians	(7:45) The Fallen	Idol *** (1948, Suspense)			The Quiet American *** (1958, Drama)	Audie Murphy.	
	628	584	43 SPIKE	UFC Unleashed		UFC Unleashed		MANswers	MANswers	CSI: NY (HDTV)	Unsolved Myst.
	522	516	45 HIST	Ultimate Engineering		NCIS "Hiatus"		Ultimate Engineering		Ax Men	NCIS
	627	528	46SPACE	The Dresden Files		Destination Truth "Yeti"		Stargate SG-1 "ToK'ra"		Star Trek: Next Gener.	Deep Space 9
	-	-	47 AMC	(6) Blazing Saddles (1974)		Silent Movie *** (1976, Comedy)	Mel Brooks.		Blazing Saddles *** (1974, Comedy)		
	619	525	49 TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Family Guy
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News
	526	507	92 VIVA	The West Wing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy	Lost in Austen
cable variety	269	350	93 APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx
	571	581	100 MMM	Listed		Celebrity Wrestling		Tommy Lee	Tommy Lee	Party of Five	Celeb Wrestle
	570	580	101 MM	Video on Trial	Video on Trial	Degrassi: Next	Instant Star	MuchTopTens		Punk'd	Punk'd
	581	566	102 MTV	A Double Shot of Love		A Double Shot of Love		MTV Live	After	Next	The City

critics' corner

Wild Roses
Set in Alberta, this soapy new prime-time drama tells the story of two families feuding over a ranch. David McGregor is the oil executive with his eyes on the property, called Rivercross. He's also got an eye for Maggie Henry, a member of the clan that's called the land home for generations. 9 PM on CBRT



Altered by Elvis
There's more to some Elvis fans than just making a yearly pilgrimage to Graceland. This 2006 documentary from directors Tiffany and Jayce Bartok follows the lives of those who are still feeling the effects of having loved or hated the King — including the guy who styled the deceased Elvis' hair prior to burial. 7 PM on BRAVO

The Biggest Loser
Who can diet best? The answer is determined among the contestants in this unscripted series, which returns tonight for a new season. Each team has a trainer to implement fitness and nutrition regimens and see them through the various challenges. Alison Sweeney hosts. 9 PM on CHTV KHQ



Amy Winehouse is becoming a fashion designer, reports London newspaper The Sun. The singer has apparently been bragging that she is already in negotiations with Fred Perry, saying she has already sketched some designs for them. **METRO NEWS SERVICES**

Winehouse house of fashion?

Celebrity Buzz

Uncle Benji dishes about new niece

PEOPLE Harlow Winter Kate Madden won't be a year old until Jan. 11, but her uncle, Benji Madden, already has a warning for potential suitors, people.com reports. "I'm going to be keeping a close eye on her," Madden, 29, told People about the daughter of twin brother Joel Madden and his girlfriend Nicole Richie, 27. "I'll leave the shotgun right by the door."

People says the Good Charlotte guitarist is thrilled with the way Harlow's parents have been raising her so far. "When they had her, their instincts just kind of came out, and it's amazing to see," he said. "They just really put their child above everything."

METRO NEWS SERVICES

Celebrity scares at New Years

SCARE Kate Hudson and Mariah Carey spent New Year's Eve amidst bomb threats, femalefirst.co.uk is reporting. Four homemade bombs were planted around celebrity retreats in Aspen, Colo., according to The New York Post.

Goldie Hawn, Nick Cannon and Jack Nicholson are also said to have been in the area, reports the website, adding a local businessman is suspected of planting the bombs.

METRO NEWS SERVICES

David and Nicole a couple?

RELATIONSHIP Eonline.com is reporting that Nicollette Sheridan and David Spade are a couple, noting the two had dinner together on Saturday in the Palazzo in Las Vegas.

"Although there wasn't major PDA, they definitely were affectionate throughout their meal," a source reportedly told the website.

METRO NEWS SERVICES

Kate pregnant?

BABY Kate Moss is reportedly pregnant, according to femalefirst.co.uk

The supermodel — who has a six-year-old daughter, Lila Grace, with ex-boyfriend Jefferson Hack — fuelled rumours she is expecting a baby after she was seen clutching her stomach while on holiday in Thailand with partner Jamie Hince, the gossip website reports.

A source said: "Even though she had a cigarette in her hand, Kate definitely looks as though she's expecting. She was walking with Jamie and Lila but

kept putting one hand on her stomach — you could clearly see she has a bump there, even though she was wearing a baggy top."

Friends were expecting the 34-

year-old British beauty to announce her pregnancy last month when she and Jamie threw a party at her Cotswolds home, the website says.

Prior to the bash, a source close to Kate — who is rumoured to have given up drinking — said: "Kate has been on the phone to all her friends and her assistant has been on the case to her family."

"Kate has had a few big nights out recently but she has been behaving more than usual. Even Simon Cowell said she had a bit of a tummy when she went to watch his show The X Factor."

However, the bash passed with no major announcement, the website reports.

METRO NEWS SERVICES

Pete fights paranoia

PEOPLE Pete Wentz is always paranoid, according to femalefirst.co.uk. The Fall Out Boy rocker struggles to control his anxiety and says medication no longer helps his problem, the website reports, adding the he admitted: "I'm paranoid pretty much all the time. I can take three Xanax and not feel a thing."

Pete — whose wife Ashlee Simpson gave birth to their first child, son Bronx Mowgli, in November — also revealed he has stopped reading about himself online because the barrage of criticism gets him down.

He added to Blender

magazine: "I was letting the blogs get to me. It's semi-frustrating when your name actually becomes a synonym for douche bag."

Pete's decision to avoid blogs may help with his new year's resolution, the website says, adding the 29-year-old musician has vowed to control his language around his family.

METRO NEWS SERVICES

ScarJo eager to age as actress

CAREER Scarlett Johansson enjoys working with Woody Allen because he doesn't care about her age, femalefirst.co.uk reports.

The 24-year-old star — who has collaborated with the director on three movies, Vicky Cristina Barcelona, Scoop and Match Point — is looking forward to getting older because she believes she will get offered more interesting parts, but says working with Woody has already given her experiences she didn't expect to have at her age.

She explained: "I hope to work with him

again. I would do his craft service, really. I feel like we work very well together, because we're very comfortable with each other. Because we're friends, and we challenge each other."

"I'm in a strange kind of age group. But I'm looking very much forward to growing older in this industry, probably contrary to popular belief."

"I feel like there's a lot of opportunity for women that are a bit older than me."

"A lot of the actors that I really admire are probably ten or 15 years older than me, and just have wonderful opportunities."

METRO NEWS SERVICES

Gwyneth on new year's detox plan

HEALTH Gwyneth Paltrow has embarked upon a post-Christmas detox, femalefirst.co.uk reports. The actress is taking drastic measures to shift the excess pounds she gained over the festive period.

In the most recent e-mail from her goop.com website, Gwyneth wrote: "I need to lose a few pounds of holiday excess. I will be suffering along with you to kickstart my year a bit lighter — good luck to us all!"

According to re-

ports, banned substances in Gwyneth's post-holiday diet include: Dairy, gluten, meat, shellfish, all processed food, fatty nuts, potatoes and other related vegetables, condiments, sugar, alcohol, caffeine or fizzy drinks.

However, the 36-year-old actress has warned anyone planning to detox to seek medical advice before starting, adding, "Make sure you check with your doctor before you start any detox. Drink a lot of water."

METRO NEWS SERVICES

Tara 'doing well': Source

PEOPLE Tara Reid checked into rehab last month and is getting her life back together with the help of her family, a source tells people.com

"She's doing well. The whole family is very positive about this being the new beginning for her," says the source, who is close to the family.

Reid decided to check herself in to Promises Treatment Centre, and though she's been in

treatment less than a month, her family and friends are optimistic about her future, people reports. "They are taking steps to do everything they can to help Tara keep on the right track," adds the source, who says Reid is expected to check out of the centre shortly. When she entered rehab her rep would not reveal what Reid was being treated for.

METRO NEWS SERVICES

Say no to drive-thru Vegas weddings, Carmen says

ADVICE After a couple of failed marriages under her belt, Carmen Electra feels comfortable dishing out a smart suggestion, people.com reports.

"My advice to anyone is to not get married in Vegas," she told People. "Do not get married at the drive-thru in Vegas, especially. Take your time — enjoy it!"

Electra, 36, adds: "It's important to think out marriage in general because

it's a huge commitment. Besides that, I hate to say it, but it's a lot of paperwork and a lot of emotions. It can be difficult."

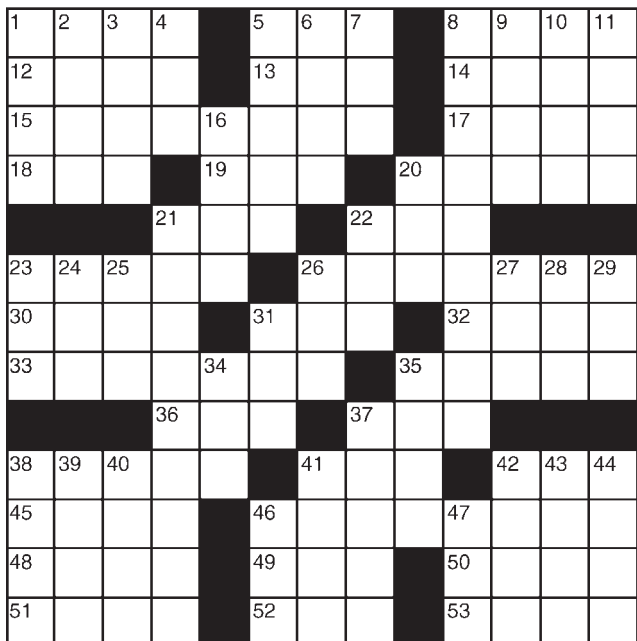
Electra married former NBA All-Star Dennis Rodman in 1998 and filed for an annulment just nine days later. Now Electra, who also was once hitched to rocker Dave Navarro, is engaged to former Korn guitarist Rob Patterson, 38. But they have no plans to marry any time soon.

METRO NEWS SERVICES



Andrew Schultz, Weather Specialist – Breakfast Television
 “I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta.”
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- | | |
|-----------------------------|---------------------------------------|
| 1 Candle cirler | 32 Reed instrument |
| 5 Hot tub | 33 Inhabitant |
| 8 Sunbeams | 35 Michigan city |
| 12 Land measure | 36 2004 horror movie |
| 13 It may be faux | 37 Zero |
| 14 Curved molding | 38 Pointed |
| 15 St. Patrick's Day symbol | 41 Tuna container |
| 17 Just adorable | 42 “Indubitably” |
| 18 Plaything | 45 — contendere |
| 19 Anger | 46 Saturday Evening Post cover artist |
| 20 Wool quantity | 48 Oil-cartel acronym |
| 21 Barracks bed | 49 Ford or Lincoln |
| 22 Victory | 50 Additionally |
| 23 Trivial | 51 It lasts for days |
| 26 Takes for a time | 52 Hearty brew |
| 30 State | 53 Merriment |
| 31 Tibetan critter | |

Crossword down

- | | |
|---|----------------------------|
| 1 Sail support | 25 Army rank (Abbr.) |
| 2 Siete + uno | 26 Proscribe |
| 3 Salver | 27 Sapporo sash |
| 4 Height of fashion? | 28 Money of North Korea |
| 5 Recreational activity | 29 Collection |
| 6 Wear a rut in the rug | 31 Evergreen variety |
| 7 Request | 34 Use a ray gun |
| 8 Elvis' genre | 35 Stoolie |
| 9 Malaria symptom | 37 Mother-of-pearl |
| 10 Bigfoot's cousin | 38 Frosty's makeup |
| 11 No longer hidden | 39 Crosby crony |
| 16 Urban disturbance | 40 Sheltered |
| 20 Knight's address | 41 Brat's stocking stuffer |
| 21 Voice of Marty the Zebra in Madagascar | 42 Holler |
| 22 Moo goo gai pan pan | 43 Differently |
| 23 Young fellow | 44 — gin fizz |
| 24 “— Got a Secret” | 46 Nipper's co. |
| | 47 Move back and forth |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	H	E		W	A	S		T	O	U	R
C	A	L	F	I	C	I		A	B	L	I
O	R	S	O	T	I	N		K	I	T	E
T	E	E	U	P		D	O	S	E		
			R	O	W		D	O	T	C	O
			C	H	A	T	T	E	R	S	H
			L	A	T	H		D	O	G	E
			A	L	O	O	F		D	U	F
			P	O	P	F	L	I		M	R
				J	U	A	N		A	F	T
			B	E	A	U		C	O	G	T
			E	V	I	L		H	U	E	H
			V	A	R	I		T	N	T	E

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Vegetable Primavera

INGREDIENTS:

- 1/2 lb (230 g) baby carrots
- 5 1/2 oz (155 g) baby corn cobs
- 1/2 lb (230 g) young fine green beans
- Salt and black pepper
- 1/2 lb (230 g) baby or small zucchinis
- A small handful of fresh parsley
- 14 oz (400 g) fresh ricotta and spinach tortellini
- 1 tbsp (15 ml) olive oil
- 1/2 lemon
- 1 tbsp (15 ml) wholegrain mustard

METHOD:

- Put a large saucepan of water and a kettle on to boil. Preheat oven to low.
- Rinse and trim carrots, corn and beans, and cut into short lengths. Plunge vegetables into saucepan of boiling water, add salt, bring back to boil, then simmer for 4–5 minutes, until slightly crisp.
- Meanwhile, rinse and trim zucchinis. Cut baby zucchinis in half lengthwise, small ones into

- slices, and set aside. Rinse, dry and chop parsley.
- Lift cooked vegetables from boiling water with a slotted spoon, put into bowl and keep warm in the oven. Bring water back to boil, topping up with more from kettle if necessary. Add pasta and boil gently for 5–6 minutes.
 - Meanwhile, heat olive oil in large saucepan, add zucchinis and fry, stirring continuously, for 2–3 minutes.
 - Squeeze lemon juice into zucchinis, then add drained vegetables, mustard and salt and pepper to taste. Toss gently.
 - Drain pasta and mix into vegetables. Turn onto warmed serving dish, sprinkle parsley and serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 A boss is defeated by a fanatical person. Be more than eager to praise others. Make a fresh start with an unfortunate opponent.



TAURUS
APRIL 21-MAY 21
 Gloomy thoughts will melt away. A woman lets you in on a secret. A tardy guy will stand his ground.



LIBRA
SEPT 23-OCT 23
 Your delicate hopes for love will thrive. Don't thoughtlessly shut out someone who cares. Break down obstacles with your exceptional ideas.



SCORPIO
OCT 24-NOV 22
 There will be a pep talk about love. A whiner demands more freedom. A miserable guy needs to find a job.



GEMINI
MAY 22-JUNE 21
 Don't rely on anyone who lacks good timing. Time will heal all, after a promise is broken. You'll endure overwhelming emotions.



SAGITTARIUS
NOV 23-DEC 21
 You'll find sanctuary from a radical situation. See the wonderful opportunities all around. Now is the time to make a serious move.



CANCER
JUNE 22-JULY 22
 You'll want to talk about hope. A lover's moodiness creates a crisis. Your tactfulness is necessary with a self-indulgent woman.



CAPRICORN
DEC 22-JAN 20
 Somebody's disdainful words will cause incredulity. Guide yourself away from unhealthy diet plans. Don't postpone a medical check-up.



LEO
JULY 23-AUG 23
 You'll have a conversation with a laughing man. Special treatment will make you happy. Pay heed to a coward's request.



AQUARIUS
JAN 21-FEB 18
 A cherished wish finally comes true. Anything is possible if your mind is alert. A woman's chattiness will cause revelations.



VIRGO
AUG 24-SEPT 22
 Watch out for crooks. Don't be humble when you get the right idea. Respect will be given when you stand firm.



PISCES
FEB 19-MARCH 20
 Something very special will happen. Prepare for a reaction to your procrastination. Passing the buck will lead to despair.



This day in history

- JAN. 6, 1929 — Mother Teresa arrives in Calcutta to begin her work amongst India's poor and diseased people.
- JAN. 6, 1942 — Pan American Airlines becomes the first commercial airline to schedule a flight around the world.
- JAN. 6, 1974 — In response to the 1973 energy crisis, daylight saving time commences nearly four months early in the United States.
- JAN. 6, 1980 — The beginning of the first GPS epoch.
- JAN. 6, 2005 — Edgar Ray Killen is arrested as a suspect for the 1964 murders of three civil rights workers.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Is able to extend across, as a bridge (1)
- Touch Achilles' vulnerable foot part (1)
- Concealed a tentacled sea creature (1)
- Which gash? (1)
- Composer Gustav's U.S. currency (2)
- Fair-haired woman's wizard sticks (1)
- Great frightener of one who proves a claim (4)

ANSWERS

1. CAN SPAN 2. FEEL HEEL 3. HID SQUID 4. WHAT CUT
 5. MAHLERS DOLLARS 6. BLONDES VANDS 7. VERIFIER TERRIFIER

1-6-09

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*Offer available until February 2, 2009 to residential clients in select locations with a 1, 2 or 3 year TELUS TV service agreement. Starting on month 13 bundle rate will be \$85.95/month. Prices may vary for existing clients on a TELUS Long Distance, High Speed Internet, or TV service agreement. [†]1 month of free services available to clients who have not subscribed to TELUS High Speed Internet or TV in the past 90 days. TELUS reserves the right to modify the channel line-up, prices and packages without notice. Minimum system requirements apply. [‡]Based on total service disruptions and outages experienced by clients in the past year. ^{**}Defined as the most comprehensive suite of hardware and software security tools. © 2009 TELUS.